Periodic Health Assessment for Individual Medical Readiness

SECNAV INSTRUCTION 6120.3

- List requirements of the PHA
- List IMR elements
- Tracking

PHA Purpose

- To ensure the medical readiness of Navy & USMC AC
- Meets CNO & SG priority of Mission readiness – no ramp up: stay deployment ready

OPANAVINST 6120.3A INDIVIDUAL MEDICAL READINESS

- PHA is the process to capture, review, verify, and correct deficiencies in IMR data
- PHA is one of six IMR elements – will assess for changes in health status, especially those that could impact readiness

Elements of the PHA Process

- Fleet and Marine Corps Health Risk Assessment or Health Assessment Review Tool (HART-R)
- PARF-Q
- Health and Dental Record (HREC/DREC) Review
- Clinical Stations
- IMR Requirements
- Health Promotion Counseling
- Clinical Preventive Services Recommendations
- Physical Fitness Assessment (PFA) Participation Approval
- Problem-Focused Physical Examination

PHA COMPONENTS

- PHA provides mechanism for clearance to participate in the PFA:
  - 12 mo clearance unless health status change.
  - member completes PARFQ (date of PHA on bottom of form).

When is the PARFQ Signed?

- PHA
- Dental Readiness
- Readiness Laboratory Studies
- Immunizations
- Individual Medical Equipment
- Deployment Limiting Conditions
- **PCM review and Signature of PARFQ.**

PHA-IMR Tracking

A. MEDICAL READINESS REPORTING REPORTING SYSTEM (MRRS)

- SHOWS STATUS OF ALL IMR REQUIREMENTS
- EASILY DETERMINE LAST PHA DATE

GO TO THE MRRS WEBSITE: https://mrrs.sscno.nmci.navy.mil
TO GAIN ACCESS, COMPLETE AND SUBMIT THE FORM at the WEBSITE.

B. PHA CHECKOFF SHEET -

- SHOWS ALL STANDARD REQUIREMENTS OF PHA PROCESS
- USED TO VERIFY PERSONNEL HAVE COMPLETED NECESSARY STEPS TO ACHIEVE FULL READINESS

MHS IMR Classification System

	Fully medically ready	Immunizations current
		Dental Class 1 or 2
		Current med readiness labs
		No deployment limiting condition
		Current Health Assessment
		Medical Equipment Current
	Partially medically ready	Needs immunization
		Needs medical readiness lab
		Needs medical equipment
	Indeterminate	Health Assessment overdue
		Dental Class 4
	Not medically ready	Dental Class 3
		Deployment prohibiting condition
		Hospital inpatient or convalescing

Follow-up Needed

- IF MEMBER STATUS IS OTHER THAN ***FULLY MEDICALLY READY***, MEMBER IS AWARE OF REQUIRED ACTIONS TO RESOLVE ISSUES TO ACHIEVE FULLY MEDICALLY READY STATUS

- IF MEMBER'S PHA CHECKOFF SHEET HAS BEEN FULLY COMPLETED, AND MRRS STILL SHOWS ANY DEFICIENCY CONTACT APPROPRIATE HOSPITAL CLINIC/SERVICE TO REQUEST MRRS UPDATE!!

KEY CONTACT #'S:
PHA SCHEDULING …243-9776
DENTAL……243-8808/7041/5422
LABORATORY……243-5208/5333
IMMUNIZATIONS……243-9840

Questions?